



March Camp menu 2023.

20 to 24 March				
Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack				
Wholemeal banana bread or apple and choice of drink	Piece of cheese & tomato pizza or banana and choice of drink	Chocolate chip cookie or honeydew melon and choice of drink	Cheese, crackers, grapes and choice of drink	Chocolate croissant or apple and choice of drink
Dietary information: <i>Gluten, Egg & Dairy</i>	Dietary information: <i>Gluten, Egg & Dairy</i>	Dietary information: <i>Gluten, Egg & Dairy</i>	Dietary information: <i>Gluten, Egg & Dairy</i>	Dietary information: <i>Gluten, Egg & Dairy</i>
Lunch menu				
Sweet and sour chicken with vegetables & steamed rice, plus choice of drink	Chicken bolognese with fusilli pasta, carrots & grated cheese, plus choice of drink	Fried fish with tomato sauce, fried noodles & vegetables, plus choice of drink	Chicken rice, vegetable spring roll, bok choy with tofu, plus choice of drink	Grilled beef burger, lettuce, tomato, cucumber, cheese & fries, plus choice of drink
Nutrition and dietary information: Energy (kcal):512.9 Carbs (g):37.6 Protein (g):27.3 Fat (g):28.5 <i>Gluten & Egg</i>	Nutrition and dietary information: Energy (kcal): 467.2 Carbs (g):50.5 Protein (g):21.0 Fat (g):20.4 <i>Gluten, Egg & Dairy</i>	Nutrition and dietary information: Energy (kcal):503.5 Carbs (g):53.6 Protein (g):18.1 Fat (g):24.0 <i>Gluten, Egg & Dairy</i>	Nutrition and dietary information: Energy (kcal):270.2 Carbs (g):40.6 Protein (g):11.9 Fat (g):6.6 <i>Gluten, Egg & Dairy</i>	Nutrition and dietary information: Energy (kcal):682 Carbs (g):68.1 Protein (g):38.4 Fat (g):23.5 <i>Gluten & Dairy & Egg</i>

Note: A vegetarian menu option is available. Please contact us if your child has any dietary concerns at holidaycamps@cis.edu.sg.